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ABSTRACT

This handbook was written for the instructor of softball. It is a comprehensive guide for individualizing and improving instruction. Essential instructional resources are provided, including: (1) management and safety guidelines; (2) warm-up and cool-down exercises; (3) specification of equipment needs; (4) rating charts for identifying students' initial skill levels; (5) drill modifications to fit various skill levels; (6) teaching cues to maximize learning; (7) suggestions for identifying and correcting common errors; (8) quantitative evaluation for all drills; and (9) a complete test bank of written questions. (JD)

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